Volume 11, Number 9 May 4-17, 1996

UCSF Newsbreak

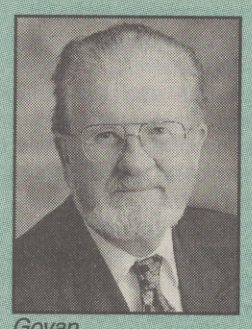
Photos by Karen Preuss

Girls get a glimpse of the working world

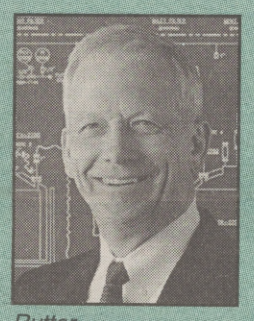
Whether it was watching open heart surgery or learning about the biochemistry of spit, some 430 girls and boys — twice as many as last year — participated in the Take Our Daughters to Work Day at UCSF on April 25. Pictured above, girls examine their saliva in an activity presented by the Women in Life Sciences program.

UCSF TO CELEBRATE FOUNDERS DAY

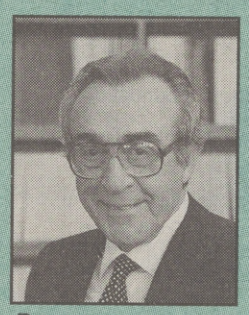
Frank



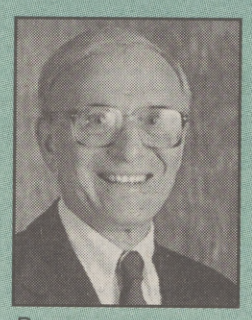
Goyan



Rutter



Brawerman



Dorman

Jones

By REBECCA HIGBEE

UCSF will host its annual Founders Day celebration with events and tributes at the Parnassus campus and at San Francisco General Hospital from Tuesday, May 21, through Thursday, May 23.

On May 21, UCSF will honor extraordinary efforts of UCSF staff at a private luncheon when the Chancellor's awards for public service, exceptional University service, the Distinguished Nurse Award, the Helen Ripple Award in Neuroscience, the Jeanne M. Yalon Memorial Award and the UCSF/Mount Zion Milton and Helen Pearl Award will be presented. Also on May 21, Irwin D. "Tack" Kuntz will present the annual Faculty Research Lecture. (See sidebar below.)

Leaders in the advancement of the health sciences will receive the prestigious UCSF Medal at the Founders Day Banquet on Wednesday, May 22, at 6:30 p.m. at the Westin St. Francis Hotel Grand Ballroom, 335 Powell St. The UCSF community is cordially invited to this event. Cost is $50 per person. Call Jon Pierucci at 476-4454 for reservations. In addition, the UCSF Distinction in Teaching Award recipient and the 1996 Faculty Research Lecturer will be honored during the banquet ceremony.

At noon on Thursday, May 23, SFGH will host "SFGH Today and Tomorrow," a celebration to honor both the high quality of patient care and the research community at SFGH, in particular the Gladstone Institutes and their contributions to UCSF. Events of the day will include a luncheon for SFGH/UCSF staff with brief remarks from community dignitaries.

Following the presentations there will be an official opening and tours of two new laboratories at SFGH: the UCSF Lung Biology Center and the Neuroscience Laboratories at SFGH, which include the Gladstone Molecular Neurobiology Program, the UCSF Department of Neurology and the Gallo Molecular Genetics Program.

There also will be a tribute during the luncheon to Merle Sande, UCSF professor/vice chairman of medicine, and chief of medical services at SFGH, in recognition of 16 years of service. Sande is leaving the hospital and University to become chairman of the Department of Medicine at the University of Utah.

MEDAL WINNERS

Six people will receive the UCSF medal, an annual award given by the campus to people from the community at large who have made outstanding personal contributions and whose efforts mirror the goals and values of UCSF. The UCSF Medal winners are:

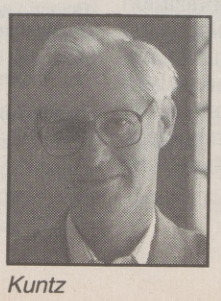
♦ **Dorothy L. Frank**, founded the Dorothy Frank Fellowship in 1972. A resident of San Mateo, Frank will be honored for her generous contributions to UCSF diabetes programs and the establishment of a fellowship to train primary care physicians and nurse practitioners with special expertise in diabetes. These activities have elevated the standard of care of diabetes both locally and internationally. A diabetic, Frank has been one of the earliest advocates of the concepts of self-management and preventive care. What distinguishes her from other donors is her altruistic commitment to helping other people live better despite their diagnosis of diabetes.

♦ **Jere E. Goyan,** dean emeritus, UCSF School of Pharmacy, and president and CEO, Alteon Inc. He is recognized as a leader in the transformation of pharmacist education from product orientation to patient care. As dean of the UCSF School of Pharmacy from 1967 to 1993, Goyan implemented a clinical pharmacy program designed to train pharmacists to serve as therapeutic experts on the health care team, now an integral part of the curriculum of all pharmacy schools. Under his leadership, the UCSF School of Pharmacy became known for its research and clinical pharmacy program, and it was consistently rated as a "best school" in many national surveys. While on leave from UCSF, Goyan served as commissioner of the US Food and Drug Administration from 1979 to 1981. He is a member of many scientific,

(See **FOUNDERS DAY** *on page 2)*

KUNTZ TO GIVE FACULTY RESEARCH LECTURE MAY 21

Irwin D. "Tack" Kuntz, UCSF professor of pharmaceutical chemistry, biochemistry and biophysics, and director of the UCSF Molecular Design Institute, will give the Faculty Research Lecture in Cole Hall on May 21 at 2 p.m. Kuntz will speak about "Dockers, Topsiders, Nikes: Structure-Based Design at UCSF."



Kuntz

Each year the facutly research lectureship acknowledges the outstanding scientific achievements made by a member of the Academic Senate. Academic Senate members are asked to consider the contributions of their colleagues so that their achievements may be recognized by the University community.

Economic summit encourages community support for UCSF's expansion

By LISA CISNEROS

Just as the burgeoning biotechnology business has lifted the state out of the economic doldrums, the industry and UCSF's role in it could also improve the financial health of the City, experts say.

SAN FRANCISCO ECONOMIC SUMMIT

Business leaders at the recent San Francisco economic summit say the City is in the unique position to capitalize on the growing industry, in part, by supporting UCSF's expansion efforts and by making it easier to conduct research, development and manufacturing of biopharmaceutical and biomedical products and technologies.

"I was delighted and heartened about how much attention there was for UCSF as an economic force in this city," says Bruce Spaulding, vice chancellor of university advancement and planning. Spaulding was particularly pleased since he knew before attending the two-day summit that the changing health care market, and its impact on UCSF, would be discussed at an upcoming forum, as would issues relating to the homeless and youth and families.

Charged with identifying San Francisco industries expected to flourish the fastest in the future, the accounting firm Arthur Anderson found three areas worthy of support: multimedia, financial services and life sciences or biotechnology. These three industries were identified at the summit because they provide a wide range of job opportunities and reflect the City's competitive advantages at the local, regional, national and international levels, according to the report, "Capturing the Opportunity for Economic Vitality."

Indeed, biotechnology is credited with helping to strengthen California's economy, according to a new study by the California Health Care Institute (CHI) and KPMG Peat Marwick LLP. That study shows that the industry represents one of California's fastest-growing and best-paid sectors, accounting for more than 165,000 jobs averaging annual salaries of nearly $50,000.

At the San Francisco summit, two presenters called for the immediate support of UCSF's growth needs and for partnering with private industry or UCSF to create an incubator for start-up biotech firms. Some 400 people representing all cross-sections of the city, including business, government, academia, labor unions and community-based organizations

(See **SUMMIT** *on page 3)*

Scientists close in on gene for manic depression

After seven years of research, an international team headed by Nelson Freimer, UCSF assistant professor of psychiatry, has come close to isolating a genetic link to the origins of manic-depressive illness.

Working with researchers from the University of Costa Rica, the team, whose report was published in the April issue of *Nature Genetics*, found genetic markers for the disorder in 23 members of two severely affected Costa Rican families. Victor Reus, UCSF professor of psychiatry and a senior author of the study, confirmed the diagnosis in these individuals.

The research was conducted in the Central Valley of Costa Rica, a geographically iso-

(See **MANIC** *on page 3)*

New model uses mice to study cervical cancer

By JEFFREY NORRIS

The potential role of genes and estrogen exposure in the growth of cervical tumors can now be investigated with a powerful new model for the disease developed by genetically manipulating mice, according to a physician at UCSF.

Estrogen itself may play a role in the development of cervical cancer in women infected with certain strains of the human papilloma virus (HPV), says Jeffrey Arbeit, assistant professor of surgery and first author of the report published in the April 2 issue of the Proceedings of the National Academy of Science.

Researchers have only recently begun to understand the role of HPV and other factors in contributing to the growth of cervical tumors, according to Arbeit. An estimated 80 to 90 percent of cervical cancer is associated with "high risk" strains of HPV, especially HPV16 and HPV18. The genetically engi-

(See **ESTROGEN** *on page 7)*

Gazette

Wong leaves legacy at the Embarcadero

Nellie Wong feels fortunate to be able to honor her heritage and leave a legacy for her nieces and nephews as a poet.

Her words took concrete form recently when a poem by Wong, a senior analyst in the Affirmative Action/Equal Opportunity Office, was installed on an F-Line Muni platform in the middle of the Embarcadero roadway near Greenwich Street.

Part of the Waterfront Transportation Project's Historic and Interpretive Signage Program along San Francisco's north Embarcadero, the poem was chosen by the San Francisco Arts Commission.

"Song of Farewell" is about separation, departure and, ultimately, death, says Wong. The poem explores the thoughts and feelings of a man leaving China and the wife he is leaving behind during the first years of the 20th century. "It's based on the stories I know of Asian immigrants, especially the men, leaving Asia and leaving their wives and children at home," she says.

"I care about the roots of Asian-American culture and how and why they came here," Wong adds. "It's something every emigrant Asian family has experienced."

Wong, who has been writing poetry since the 1970s, published her first collection of poems, "Dreams of Harrison Railroad Park," in 1977 and "The Death of Long Steam Lady," her second collection, in 1986.

Michele Firpo

Wong on the Embarcadero with the plaque bearing "Song of Farewell" at her feet

Song of Farewell

Why are you leaving
after all these many years?
Whose feet will I wash now?
Whose toenails will I trim?

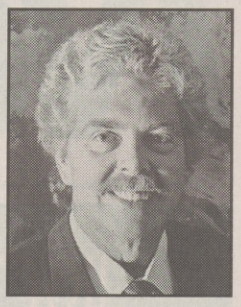
Without you to share my soup
how many pigs' feet do I buy?
Will I smell the aroma of star anise
and will those cow brains
really make me smart?

Will someone serve you
peony tea, lotus bean cake
to satisfy your sweet tooth
during the Festival of the Harvest
Moon?

Who will make your bed each day?
Who will sing your favorite wedding
song?
And who will accompany you to Gold
Mountain
and watch you dance, playful as a
baby girl?

— Nellie Wong

Boyer wins Lemelson-MIT Prize



Boyer

Herbert W. Boyer has been named a co-recipient with Stanford's Stanley Cohen of the 1996 Lemelson-MIT Prize, the world's largest cash prize for invention and innovation. The two will share $500,000.

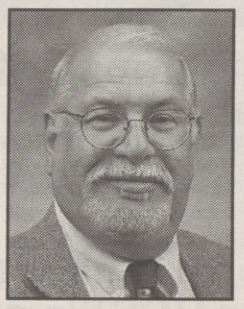
Boyer and Cohen were chosen for their 1973 discovery of how to clone DNA, an advance which is credited with the launch of the biotechnology industry. Their method of transplanting genes between living cells was patented and has resulted in more than 300 licenses.

In 1976, Boyer and venture capitalist Robert Swanson founded Genentech Inc., the first biotechnology company. Today, about 1,300 public and private biotechnology companies are located in the US.

An emeritus professor of biochemistry and biophysics, Boyer came to UCSF in 1966 as a professor of microbiology. He has received numerous awards and honors, including the Lasker Award for Basic Medical Research, the Helmut Horten Research Award, the National Medal of Science and the National Medal of Technology. Boyer is a member of the National Academy of Sciences and the American Academy of Arts and Sciences.

The Lemelson-MIT Prize recognizes inventors who demonstrate ingenuity and apply their inventions to create successful commercial ventures and create jobs. This is the second year the prize has been awarded.

Public Affairs names information rep



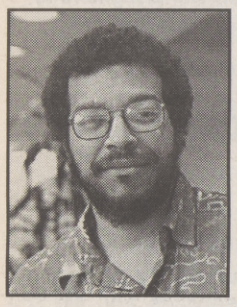
Rosato

The Public Affairs Office has named Joe Rosato as the public information representative for News Services at UCSF/Fresno.

Rosato will be implementing a new media relations program for the UCSF/Fresno Medical Education Program of the School of Medicine. He is based in the dean's office at UCSF/Fresno and will cover all of UCSF's programs in the San Joaquin Valley. He may be reached at 476-3882.

A longtime news reporter at the Fresno Bee, Rosato has worked for the Sacramento Bee and as press secretary and senior staff member for Congressman Richard H. Lehman of California's 18th District. Most recently Rosato has been a principal in JRPR, a public relations and marketing agency.

Pinderhughes to study teen violence



Pinderhughes

A UCSF expert in youth, racial and ethnic violence and race relations has received the William T. Grant Foundation Faculty Scholars Award, a five-year research grant totaling $250,000.

Howard L. Pinderhughes, assistant professor in the Department of Social and Behavioral Sciences in the UCSF School of Nursing, is one of three national recipients of the Grant Foundation award, which is given to outstanding junior faculty for research.

The William T. Grant Foundation was established in 1936 to support research projects aimed at improving the mental health of children and adolescents. Pinderhughes will use the grant to fund two studies in San Francisco to examine how and why youths decide to engage in violent acts. Pinderhughes and a team of researchers will interview adolescents who are currently in school as well as those who have dropped out "to find out the range of experiences, in both committing violent acts and being victimized by them," he says. He will interview other youth to examine the types of violence that they are exposed to, how they react to potentially violent situations, and whether, over time, changes occur in the ways they make decisions about violence.

Pinderhughes will collaborate with Michael Rodriguez, UCSF clinical instructor in the Department of Family and Community Medicine and associate director of research for the Pacific Center for Violence Prevention at SFGH.

A Berkeley resident, Pinderhughes has published papers on racial violence among New York City youths. He received a bachelor's in political science in 1984, a master's in sociology in 1987, and a doctorate in sociology in 1991, all from UC Berkeley.

Honors & Awards

Virginia Ernster, epidemiology & biostatistics: Elected member, Board of Scientific Advisors, National Cancer Institute, and member, National Cancer Institute Working Group.

John S. Greenspan, stomatology, pathology and AIDS Research Center: Named president, International Association for Dental Research.

M. Anthony Pogrel, oral & maxillofacial surgery: Named fellow, American College of Surgeons.

Grayson W. Marshall Jr., restorative dentistry: Named fellow, American College of Dentists and member, Board of Directors, American Association for Dental Research.

Stanton A. Glantz, medicine & Institute for Health Policy Studies: Received James Madison Freedom of Information Award, Society of Professional Journalists, Northern California Chapter.

Publications

Philip D. Darney & **Abner P. Korn,** Ob/Gyn & Reproductive Sciences, SFGH: Co-authors, "Protocols for Office Gynecologic Surgery" (Blackwell Science, Cambridge, Mass., 1996).

Hanna Levenson, psychiatry, VAMC: Author, "Time-Limited Dynamic Psychotherapy: A Guide to Clinical Practice" (Basic Books, New York, NY, 1995).

Ramona T. Mercer, nursing, emeritus: Author, "Becoming a Mother" (Springer Publishing Co., New York, NY, 1995).

Bryna Siegel, psychiatry & LPPI: Author, "The World of the Autistic Child: Understanding and Treating Autistic Spectrum Disorders" (Oxford University Press, New York, NY, 1996).

FOUNDERS DAY (FROM PAGE 1)

professional and scholarly societies and was the first pharmacist elected to the Institute of Medicine of the National Academy of Sciences. Goyan resides in Saddle River, New Jersey.

♦ **William J. Rutter,** chair of the UCSF Department of Biochemistry and Biophysics from 1968 to 1982, was among the first to recognize the potential of biomedical sciences to produce marketable goals and services. Under Rutter's leadership, UCSF made important early contributions to biotechnology, including the development of recombinant cloning techniques and the first cloning of insulin and growth hormone genes. In 1981, Rutter co-founded Chiron Corporation, one of the most successful biotechnology companies. Rutter is a San Francisco resident.

Three trustees of the J. David Gladstone Institutes, established in 1972, will share a UCSF Medal. The trustees are responsible for establishing two leading biomedical research institutes at SFGH: the Gladstone Institute of Cardiovascular Disease and the Gladstone Institute of Virology and Immunology. This affiliation has linked UCSF, SFGH and the Gladstone Institutes as world leaders in cardiovascular disease and AIDS research. The trustees are:

♦ **Richard S. Brawerman,** an attorney specializing in income, estate and financial planning in Los Angeles and Beverly Hills since 1946. He was J. David Gladstone's tax attorney and financial advisor, executor of his estate, and is a founding board member of the Gladstone Institutes. A resident of Los Angeles, Brawerman is a member of the board of directors of Cedars-Sinai Medical Center and the board of trustees of the Museum of Contemporary Art. He served as the commander of an ambulance company in Europe during World War II.

♦ **Albert A. Dorman**, founding chairman of AECOM Technology Corporation, one of the largest engineering, architectural, and construction management organizations in the nation. An engineer and an architect, Dorman is a fellow in both the American Institute of Architects and the American Society of Civil Engineers and is the author of many articles on the management of technical organizations. He joined the Gladstone Board of Trustees in 1988 and resides in Pacific Palisades, Calif. Dorman has served on many academic, civic and professional organizations.

♦ **Richard D. Jones**, attorney engaged in practices of business law and real estate in Irvine, Calif. He was real estate lawyer to J. David Gladstone and assumed the presidency of the Gladstone organization after Gladstone's death. He completed the construction of the Northridge Fashion Center in Northridge, Calif. Jones has served as a Gladstone trustee since its formation and lives in Irvine, Calif. A yachting enthusiast, Jones has overseen US Olympic trials and local yachting competitions.

Private Support

UCSF is pleased to acknowledge the following listing of gifts/pledges of $25,000 or more from individuals, corporations and foundations received April 1-15, 1996.

$100,000 - $499,999
Anesthesia Research Foundation
Willard O. Caro
GeneMedicine Inc.
KeraVision
Estate of Lois S. Usinger

$25,000 - $99,999
Arthritis Foundation
Bank of America-Giannini Foundation
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Herbert McLaughlin Jr.
Dr. and Mrs. Joseph B. Martin
Pacific Vascular Research Foundation
The San Francisco Foundation
Warner Lambert Company

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Deadline for the next issue, which will cover May 18-31, 1996, will be on **Tuesday, May 7, at 11 a.m.** Please send campus and Medical Center news to Lisa Cisneros, 476-3256 or lisa_cisneros@quickmail.ucsf.edu, and calendar and gazette items to Michele Firpo, 476-3257 or michele_firpo@quickmail.ucsf.edu, all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. If you need to view this communication in an alternate format, please contact Lisa Cisneros at 476-3256 with your suggestions.

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Team studies crew interaction

By MARK DWORTZAN

As lengthy space missions become more commonplace, a tour of duty on the international space station, voyage to Mars or return trip to the moon will require effective crew solidarity for periods lasting up to several years.

The success of these missions may hinge on how well planners address key interpersonal issues likely to arise in space, says Nick Kanas, UCSF professor of psychiatry. Norman Thagard, an astronaut who spent three months with cosmonauts last year, told Kanas he experienced feelings of cultural isolation despite the fact he could speak Russian. Kanas is not surprised. He says more research is needed to study how an international crew can achieve optimal performance and communication in space.

NASA agrees. The space agency has commissioned Kanas to direct a study of crew and crew-to-ground interactions during combined US/Russian NASA/Mir missions, several of which are planned over the next few years.

Kanas and his co-investigators in Russia and at UCSF, psychiatrist Charles Marmar and psychologist Daniel Weiss, and research associate Ellen Grund will study three areas: crew tension, cohesion and leadership patterns over the course of at least three missions, beginning with Mir 22/NASA 3 in August.

By analyzing how astronauts and cosmonauts interact, mission planners will be better equipped to "create a program that will assist in training future crews to identify problems and give them strategies for coping with them," Kanas says. For example, a Mars-bound crew could incorporate new team-building exercises and sensitivity training into their pre-mission training schedule.

Mission planners also will be able to develop better monitoring and support mechanisms for astronauts undergoing long-term missions. On past flights, Russian ground-based psychological support teams have tracked cosmonaut behavior, and supplied more family contacts, music, news reports and other novelties when crew members displayed signs of withdrawal and irritability. The Kanas study may help NASA determine effective ways of providing similar services on future flights.

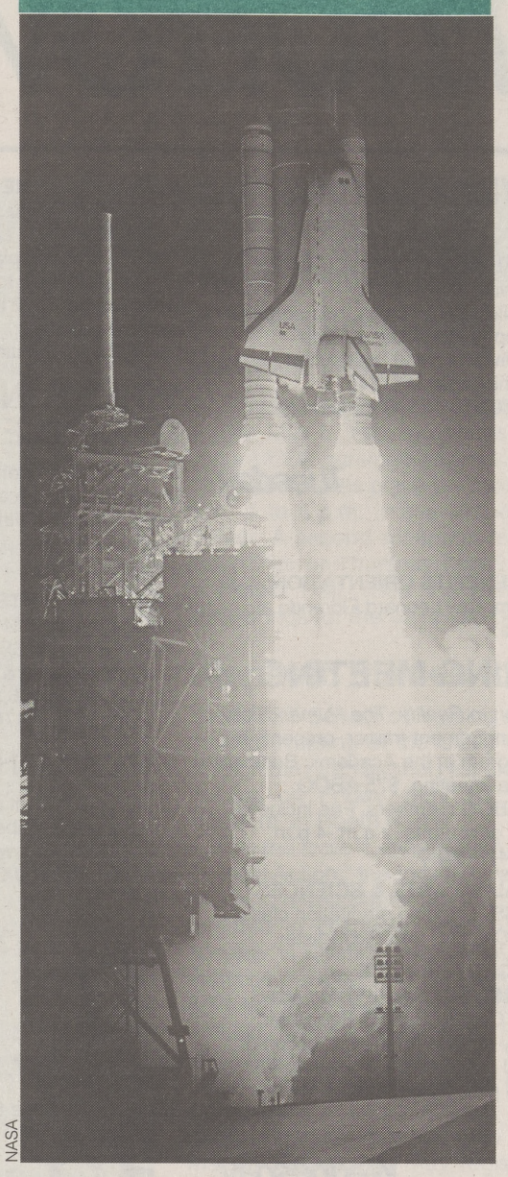
In past long-term missions and simulations, crew members have withdrawn from one another and redirected their anger at ground personnel. During Skylab 4, tensions between mission control and astronauts contributed to a temporary work slowdown, Kanas says. "It's easier to get mad at some-body's who's down on Earth than to get mad at somebody who's your buddy, on whom you are dependent and have to see and work with every day," Kanas explains.

Kanas also will observe how crew cohesion progresses throughout each mission. He will determine whether, as in many past cases, cohesion is high at the exciting initial and final mission phases, but flags during intermediate months of routine schedules.

As on earth, when astronauts and ground crew form subgroups along cultural, gender and functional lines, crew cohesiveness is seriously affected. Past conflicts between scientists and operational personnel in isolated environments have led to hostile exchanges and data loss, Kanas says. In multinational missions like NASA/Mir, the added difficulty of language differences could reduce crew effectiveness in responding cohesively to emergencies, he adds.

Mark Dwortzan is a freelance writer who has a MS in aerospce science from the University of Michigan.

Science in Space



NASA

Biologist explores bone mystery

By PAT FORSYTH

Sending bone cells into space may sound a little bizarre, but biologist Millie Hughes-Fulford and her colleagues hope it can help solve a mystery—why astronaut bones weaken in space.

Dreams of setting up long-term living arrangements in a space station may be thwarted unless scientists can find a way to stop the physical decline of astronauts's bones in space, she says.

"One of the major show stoppers in sending humans to Mars is bone loss," says Hughes-Fulford, Director of the VAMC's Laboratory of Cell Growth and UCSF adjunct professor of medicine.

Well before daylight on March 22, Hughes-Fulford watched from the ground as shuttle Atlantis lifted off carrying bone cells.

Five years ago, she became the first woman "payload specialist" as an astronaut aboard NASA space shuttle Columbia. During that mission — the first NASA shuttle flight entirely devoted to life sciences research — Hughes-Fulford and her fellow astronauts used themselves as subjects to study how living and working in space affects the body on the June 1991 flight of Spacelab Life Sciences-1.

Among their findings, post-flight measurements revealed that all the astronauts temporarily lost bone strength, and changes in their blood chemistry resembled those seen in bedridden patients with so-called immobilization osteoporosis ("brittle bones").

"We must sort out the causes of this loss before astronauts can explore other planets or set up space stations," she says. After flights of only a few months, she notes, some Russian cosmonauts literally had to be carried off their spacecraft.

To help determine causes of the bone loss, Hughes-Fulford and her colleagues sent living bone cells into space aboard the shuttle Discovery in 1993. The cells failed to grow in zero gravity, they found, so the researchers designed their next experiment to tease out how zero gravity might alter the molecular workings of bone cells.

The day before the launch, her team began work before dawn in their Kennedy Space Center lab, preparing cells for the flight. Once aboard the shuttle, bone-cell containers were housed in a towering structure called the European Space Agency Biorack. One set of cells was kept in a rotating incubator that simulated Earth's gravity, while the other set was exposed to the same zero gravity experienced by astronauts during flight.

After the shuttle was in orbit, astronauts added serum that normally stimulates the cells to start growing, and samples of proteins and genetic material that regulates cell growth were refrigerated and frozen at three hours, 29 hours and 54 hours. The Biorack housed other experiments directed by scientists from all over the world, she notes, and astronauts also were kept busy with a space walk and rendezvous with the Soviet Space Station Mir.

At the end of the 9-day flight, her team shipped their bone-cell samples back to the VAMC, where they will be looking at some 12 different genes and a variety of proteins. "If these comparisons tell us why bone cells don't grow in space, we'll have a target for potential drugs to activate the bone," Hughes-Fulford says. The findings also may provide ammunition for the war against osteoporosis. "We hope to find basic signals that will increase bone growth and formation on Earth as well as in space."

Further, studies aboard future flights may determine a threshold of gravity—say half the gravity on Earth—needed for bone cell growth. In lengthy space missions, she says, sleeping quarters might be built to give astronauts just the dose of gravity they need to avoid losing bone. "What's really fun about this," she concludes, "is taking theoretical biological questions all the way to actually designing the Mars Mission."

Pictured above are astronaut Norm Thagard, left, with psychiatrist Nick Kanas, and, right, Millie Hughes-Fulford, biologist, prepares bone cells for a mission aboard the Shuttle Atlantis. That spacecraft is pictured above as it hurtles skyward carrying a crew of six on March 22.

Burn victim recovers at SFGH

Kharen Pella, a former Stockton resident, was expected to leave SFGH this week after undergoing skin graft surgery on April 23. She sustained third-degree burns in Cambodia in a life-threatening gasoline fire in February.

Pella, 51, remained stranded in Cambodia for two months until a campaign by the Stockton Record raised more than $35,000 and the offer of a ride home in the private jet of Stockton resident and San Diego Chargers owner Alex Spanos. Pella's children, who live in San Francisco, requested that she be treated at SFGH, where she arrived April 18.

"The fact that she is alive is a testament to her spirit and to those taking care of her (in Cambodia)," said William Schecter, professor of clinical surgery and Chief of Surgery at SFGH. Though the Cambodian doctors did the best they could given the resources they had, they lacked the ability to perform needed skin graft surgery on her legs, both severely injured in the blaze, she said. "I'm glad to be home, and I'm glad to have this high-tech care."

To Pella's amazement, her caregivers have told her she probably will be walking in a month, though full recuperation could take up to a year. She said she would like to return to Cambodia to help set up burn units and trauma centers to aid war victims.

Karen Preuss

Pella at SFGH with nurse Theresa Barrado.

Summit *(from page 1)*

seemed to view the concept as a way to boost the local economy.

"The recommendation was to support UCSF's growth, by assisting in finding the facilities it needs to expand and to foster UCSF's ability to be a magnet to life science industry," Spaulding says. "The recommendation was well-received by the group in attendance.

A former county chief administrative officer in Fresno and Las Vegas, Spaulding is encouraged that the San Francisco Partnership, a nonprofit organization led by Don Fisher, CEO of the Gap, is looking at ways to create and enhance business opportunities for key industries.

California is a leader in biotechnology in part because of the University of California's research strength, which has been a magnet for private investment. One-third of US biotech companies are located within 35 miles of a UC campus.

In fact, more than one-third of the leading medical technology firms in California credit a California research university with playing a central role in their creation or growth, according to the CHI and KPMG study. California's leading biotech companies had 915 new drugs, diagnostics and medical devices in various stages of development in 1995 alone. Of these, 114 new medical devices, 26 new drugs and 24 diagnostics were awaiting FDA approval.

Participants at the summit stressed the importance of understanding the business needs of the biotech industry, in particular, the critical need for speed in reaching operational status in manufacturing of a product once it receives FDA approval. It was recommended that the City and County of San Francisco make it easier for biotech companies to expand in ways that include creating "life science districts," or pre-entitled land zoned for the specific purpose of conducting life science research and/or manufacturing, to expedite the approval and permit process and decrease the risk of costly delays. Currently, San Francisco has no areas zoned as such.

For Spaulding, who represents the campus at community meetings to discuss UCSF's longrange development plan, such vocal support for expansion is good timing.

Manic *(from page 1)*

lated area settled by Europeans in the 16th to 18th centuries. Despite extensive population growth, the area has remained largely inaccessible until this century. "As a result, the population is unusually homogenous," said Freimer. "This will make confirming or refuting a genetic link to manic-depressive illness less ambiguous as the study is expanded beyond the families examined for the current report."

While no single defective gene is presumed to be responsible for all cases, the researchers are focusing on one abnormal gene that may be the cause of manic depression in this group. By isolating such a gene, they hope to better understand the biological mechanisms that contribute to this illness and to determine which medications will be most effective in its treatment. Yet even if screening for this gene becomes possible, it would be inappropriate to do so, according to Freimer, because the gene's presence is unlikely to predict the appearance of the illness and could be unnecessarily stigmatizing.

An estimated one percent of the general population suffers from manic-depressive illness.

SFGH offers trauma/ injury support group

The Trauma Foundation at SFGH has started a new support group for those who are recovering from traumas and injuries. Burn survivors and victims of crime are also welcome.

The group will give members an opportunity to talk with others who have had similar experiences and to get the support needed for healing and full recovery.

The group will meet twice a month on Wednesdays from 2:30 to 4:30 p.m. in the library, Building 30, Room 3101. For more information, please call Barkin at 206-8402 or Ben-Haim at 753-1000.

Today/Tomorrow

3 Friday

TOWN HALL MEETING

UCSF holds a campuswide town hall meeting today from 11:30 a.m. to 1 p.m. in the Millberry Union Gym. Chancellor Joseph B. Martin, Dean Haile Debas and Director Bill Kerr will answer questions from the campus community about the proposed merger with Stanford. The discussion will be broadcast live to Mount Zion in Herbst Hall; in Building 2, Room 344 at the VAMC; in the 4th floor commons at MCB and in the Carr Auditorium at SFGH. Videotapes will be available as well.

4 Saturday

WOMEN'S RESOURCE CENTER WORKSHOP: *Through the Camera Lens: Photography for Everyone.* Grier Cooper, photographer. $45. S 157. 10 a.m.-3 p.m. Call 476-5222 to pre-register.*

LOW VISION FORUM: Jack Donnellan, Vision a New, explains the latest developments in low vision aids. Forums are held on the first Saturday of each month. Main foyer, ACC. 11 a.m.-1 p.m. Call Frances Neer at 626-5313 for information.*

SELF-DEFENSE CLASS

Safe, Strong & Streetwise: Self Defense & Assertiveness for Young Women and Young Men. Nina Haft, self-defense teacher and rape crisis counselor, introduces youths 10 to 16 to a range of self-defense strategies. Sponsored by Women's Resource Center. $25 UCSF affiliates/$45 general public. Millberry Fitness Center. 1:30-5:30 p.m. Call 476-5222 to pre-register.*

5 Sunday

"GOTTA GETTA LIFE"

"Gotta Getta Life," a new musical comedy by Gregory R. Tate about girl gangs, growth, jealousy and violence based on a series of short plays created by high school students. Performed by the San Francisco Mime Troupe and the SFSU Theater Department. Free event sponsored by the UCSF/Mount Zion Medical Center Violence Prevention Project and Millberry Arts & Performances. Hamilton Recreation Center Field, Geary at Steiner. 2 p.m. Call 885-7605.*

UCSF ORCHESTRA SPRING CONCERT

The UCSF Orchestra, under the direction of Jeremy Swerling, performs works by Bloch and Saint-Saens with guest cellist Mark Motycka. Proceeds benefit the Landberg Center for Health and Ministry. $10. Sponsored by Millberry Arts & Performances and the Chancellor's Endowment Fund. Calvary Presbyterian Church, 2525 Fillmore St. 7 p.m. Call 476-6761.*

6 Monday

A-21 TRAINING SESSIONS

Learn about the new federal rules on how universities account for direct and indirect costs of federally funded grants and contracts. All classes 8 a.m.-noon. Call the Accounting Office at 502-7128 to reserve a space or send an e-mail to jfuller@acctmail.ucsf.edu.

- Mon., May 6 & Fri., May 10: Toland Hall.
- Wed., May 15: Carr Aud., SFGH.

NURSES WEEK BEGINS

See item in Upcoming Events on page 5.

INSTITUTE OF HEALING ARTS & SCIENCES WORKSHOP: *Classical Homeopathy — Healing for the Whole Person.* Nicola Henriques, homeopathist, explains how homeopathists match unique characteristics of individuals and their symptoms to a specific homeopathic medicine. $40. 6:30-9:30 p.m. Call 707/963-7796 for location.*

7 Tuesday

NEW EMPLOYEE BENEFITS ORIENTATION: S 214. 8:30-10:30 a.m. Call Leonard Florendo at 476-1073 to schedule.

ABOG SPRING MEETING

Managing from Vision to Reality: The Human Side. Mimi Donaldson, management trainer, presents a practical training program at the Academic Business Officers Group annual meeting. $75 ABOG members/$90 non-ABOG members. Fee includes breakfast, lunch and beverages. 9 a.m.-4 p.m. Laurel Heights. Call 476-8320.

INSTITUTE OF HEALING ARTS & SCIENCES MEDITATION CLASS: Ongoing meditation class. C 417. Noon-1 p.m. Call 563-4459 to register.*

REFRACTIVE SURGERY SERVICE EDUCATIONAL SEMINAR: *Better Vision Now.* David Hwang, Oph., Cornea Serv. & Eye Bank, explains new surgery options for the correction of nearsightedness and astigmatism. Beckman Vision Center, 8 Kirkham. 6 p.m. Call 476-5021 for reservations.*

8 Wednesday

SILVER SALE

UCSF Hospitals Auxiliary sponsors a silver jewelry sale featuring Hi-Ho Silver's collection from Taxco, Mexico. Med. Sci. lobby. 8 a.m.-5 p.m. Call 476-4906.*

BROWN BAG LECTURE SERIES: *Eye Surgery in the Jungles of Guatemala* . Lee Schwartz, Oph., UCSF/Mount Zion, and James Knapp, Oph., give a view of advanced eye surgery in the jungle. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

9 Thursday

CHILD PROSTITUTION IN THAILAND MUST STOP

Child Prostitution in Thailand: Victims of Tourism. Sirirat Pusurinkham, scholar, activist, pastor and teacher, explains how hundreds of children are sold or abducted into prostitution in Thailand and what can be done to stop this multi-billion dollar transnational business. Sponsored by Rape Prevention Education Program. N 221. Noon-1 p.m.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Mr. Holland's Opus.* Children under 14 $2. UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8:45 p.m. (Movies subject to change.) Call 476-2542.

10 Friday

HISPANIC NURSES FORUM

See item in Upcoming Events on page 5.

JOURNEY TO MOTHERHOOD

Journey into Motherhood: Writing Your Way to Self-Discovery. Workshop with author Leslie Kirk Campbell, who wrote a book by the same title. Sponsored by Great Expectations for Women's Health. Golden Gate Room, Millberry Conf. Center. 10 a.m.-5 p.m. Call 476-6667.*

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Without Clothes We're All Naked — Reflections on Life in the Real Lane.* Carla Perez, author, explains how to deal with the impact of what was, how to accept what is and how to see what can be. N 721. Noon-1 p.m. Followed by workshop on Mon., May 13 from 6:30-9:30 p.m. Call 330-5353 for location.*

WHERE IN THE WORLD IS MEDICINE GOING?

George D. Lundberg, editor, Journal of American Medical Assn., presents an insider's perspective on the changing health care marketplace. George Brecher Lecture sponsored by Lab. Med. Cole Hall. 3-4 p.m. Call 476-1186.

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Mr. Holland's Opus.* Children under 14 $2. UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 9:30 p.m. (Movies subject to change.) Call 476-2542.*

VOCAL CHORDS CONCERT

UCSF's all-student a cappella choir performs. Sponsored by Millberry Arts & Performances and the Chancellor's Endowment Fund. $3 general/free for students. Millberry Conf. Center. 8:30 p.m Call 476-6761.*

11 Saturday

HEALTHY AGING EVENT

See story on page 8.

13 Monday

STAFF APPRECIATION WEEK

Beginning today the Medical Center at UCSF and Mount Zion will celebrate hospital staff appreciation week to recognize those employees whose work models the Medical Center mission statement, "Healing, grounded in learning, and supported by acts of personal kindness." See the next issue of Medsounds for the story.

HOSPITAL NEW EMPLOYEE ORIENTATION: LPPI Aud. 8:30 a.m.-1 p.m. Department personnel representatives call John Frank at 476-3001 to schedule.

CAP & GOWN RENTAL

The Millberry Union Bookstore begins renting graduation regalia today. 9 a.m.-6 p.m. Call 476-8719 or 476-6336 for more information.

- Graduate Division: Mon., May 13-Thurs., May 23. $28.95.
- School of Nursing: Mon., May 20-Fri., May 31. $28.95. Rentals end at 2 p.m.
- School of Dentistry: Mon., June 3-Fri., June 14. Paid for by department.
- School of Pharmacy: Mon., June 3-Fri., June 14. Paid for by department.
- School of Medicine: Already ordered. Will be distributed on Wed., May 15. Call 476-8081 for more information.

HEALTHNET AGING SERIES: *Memory & Aging.* Edith Kaplan, psychiatric social worker, offers ways to cope with memory loss and ways to improve the memory. Lakeside Presyterian Church, 19th Ave. & Eucalyptus. 10-11:30 a.m. Call 476-0373.*

14 Tuesday

ASIAN PACIFIC WEEK

See item in Upcoming Events on page 5.

INSTITUTE OF HEALING ARTS & SCIENCES MEDITATION CLASS: Ongoing meditation class. C 417. Noon-1 p.m. Call 563-4459 to register.*

15 Wednesday

SAFETY FAIR

See item in Upcoming Events on page 5.

BROWN BAG LECTURE SERIES: See Asian Pacific Awareness item in Upcoming Events on page 5.

WOMEN & INCONTINENCE

Incontinence: The Hidden Epidemic. Janis Luft, Women's Incontinence Center, explains the latest treatments for this common disorder. Herbst Hall, UCSF/Mount Zion. 6 p.m. Call 885-3890.*

GREAT EXPECTATIONS FOR WOMEN'S HEALTH: *Understanding the Dimensions of Childbirth.* Video presentation and discussion about the uniqueness of each birth experience. A 326. 7-8 p.m. Free. Call 476-MOMS.

16 Thursday

SAMPSON LECTURE

Evaluation of the Patient with Suspected or Known Cardiac Disease for Noncardiac Surgery. Robert C. Schlant, Med., Emory U. John Sampson Lecture sponsored by Dept. Med. Noon. N 225.

MISSION CENTER BROWN BAG LECTURE SERIES: *Beyond Conventional Exercise.* Ilana Parker, Feldenkreis instructor, presents an interactive discussion with stretching, strengthening and balancing. Sponsored by Public Service Programs. Rm. 125, Mission Center Bldg., 1855 Folsom. Noon. Call 476-4394.*

DENTISTRY DEAN'S SEMINAR

Neuroendocrine-immunity in Dental Medicine. Francesco Chiappelli, Diagnostic Sci. C 701. Noon-1 p.m.

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Dead Man Walking.* Children under 14 $2. UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:30 & 8:15 p.m. (Movies subject to change.) Call 476-2542.*

SPRING DANCE CONCERT

The ODC/San Francisco dance troupe celebrates its 25th anniversary season with a free performance. Sponsored by Millberry Arts & Performances & Millberry Fitness Center. Millberry Gym. 6 p.m. Call 476-6761.

17 Friday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Qigong for Health & Healing.* Effie Chow, East/West Academy for Healing Arts, discusses her book. N 721. Noon-1 p.m. Call 330-5353.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Dead Man Walking.* Children under 14 $2. UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 9 p.m. (Movies subject to change.) Call 476-2542.

CONTINUING EDUCATION

MEDICINE

For program information, call 476-4251.
To register, call 476-5808 unless otherwise noted.

Advances & Controversies in Clinical Pediatrics. SF. Thurs.-Sat., May 16-18.

Current Issues in Anatomic Pathology. SF. Thurs.-Sat., May 23-25.

Family Practice Board Review Course. Hotel Nikko, SF. Mon.-Thurs., July 8-11.

Essentials of Primary Care: A Core Curriculum for Practice in the Managed Care Era. Squaw Creek, CA. Sun.-Fri., Aug. 11-16.

DENTISTRY

For information and registration, call 476-1101.

Dental Laser Update Symposium '96: Current & Future Uses of Lasers in Dentistry. UCSF. Sat., May 11.

Comprehensive Care in General Practice — Periodontal Considerations. UCSF. Sat., May 18.

Update in Periodontics for the Dentist & Hygienist. UCSF. Sat., June 1.

INFORMATICS CLASSES

The UCSF Library offers the following free classes held in S 165A (EC) or 222 Library (PC). Call 476-2337 for a complete schedule.

- Mon., May 6: *Writing for the World Wide Web: An Introduction to HTML.* 10 a.m.-Noon. (EC)
- Mon., May 6: *Medline Plus II: Intermediate.* 1-3 p.m. (EC)
- Tues., May 7: *Genomic and Molecular Biology Databases on the Internet.* 2-4 p.m. (EC)
- Tues., May 7: *Introduction to EndNote® for Windows.* 6-8 p.m. (PC)
- Thurs., May 9: *The World Wide Web.* 9-11 a.m. (EC)

May 3-17, 1996

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

SATURDAYS

HEALING GARDEN WORKING DAYS: Second & fourth Sat. of month. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Call 885-3693.*

MONDAYS

DROP-IN SUPPORT GROUP FOR WOMEN LIVING WITH HIV/AIDS: Free child care and beverages provided. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.*

HEALTH PROFESSIONALS IN RECOVERY: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous, 12-step emphasis. Meets bi-monthly. Noon. Call 476-8279.

UCSF STAFF COUNCIL MEETING: Second Mon. of month. Noon-2 p.m. Call 476-5756.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Rm 521, MCB. Noon. Call 626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Second and fourth Mon. of month. Reservations must be made at 885-7585. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m.*

MELANOMA SUPPORT GROUP: For patients & family members. Meets monthly on a Monday. Reservations must be made at 885-7585. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30-8:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAYS

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/SFGH. Meets monthly. Call 476-5222.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: First Tues. of the month. MU 111W. Noon-1 p.m. Call 566-8406.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at MCB. Noon. Call 476-6761.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tues. of month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/Mount Zion or Parnassus. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 5:30-7 p.m. Pre-registration necessary. Call 885-3693 or 388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Second Tues. of month. C 254. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tues. of month. C 130. 7:30-9 p.m. Call 284-0208.*

WEDNESDAYS

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Second Wed. of month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues attend. Call 282-9650.

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: For those interested in psychiatric disorders & treatments. Call Laura Deering-Mayclin at 476-7394.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Second Wed. of month. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call 476-7117.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

TAI CHI CLASSES. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Noon. 885-3693.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. 3, 1st fl., MCB. 12:05 p.m. Call 621-1326.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

FRIENDS & FAMILY MEMBERS OF CANCER PATIENTS SUPPORT GROUP: First & third Wed. of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 4:30-6 p.m. Call 885-3693.*

BREAST CANCER SUPPORT GROUP: J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m. Call 885-3693.*

SAN FRANCISCO CITY CHORUS REHEARSAL: 7 p.m. Call 765-SONG for locations and audition information.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: 12-step program for people who have dysfunctional relationships. LPPI A119. 8-9:30 p.m. Call 432-3529.*

THURSDAYS

AWAKE MEETING: AWAKE (alert, well and keeping energetic) is a support and education group for people with sleep apnea and their families. Third Thurs. of month. Bring CPAP equipment for check-up. Call 885-7886.*

CANCER SUPPORT GROUP — PATIENTS: First & third Thurs. of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. Call 885-3693.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at Parnassus. Noon. Call 476-6761.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously on the second and fourth Thurs. of each month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 1-2 p.m. Call 885-7623.*

PARNASSUS PLAYERS: UCSF's theater group meets regularly. Call 476-6761 or 476-9012 (day) or 821-5701 (evening).*

ASSOCIATION OF CLINICAL RESEARCH NURSES MEETING: Meets every other month, alternating between UCSF & Stanford. 5:45-7:30 p.m. Call 476-0683.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thurs. 6-8 p.m. Call 775-2854 to pre-register.*

FRIDAYS

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Second & third Fri. of month. Noon-1 p.m. Call 502-5666.

WEIGHT WATCHERS MEETING: S 159. Noon-12:45. Call 476-5193.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: First Fri. of month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call 986-2305.*

For information on 12-step and support groups call the Bay Area Self-Help Center at 882-6235 or the Mental Health Association of San Francisco at 882-6230.*

THE NEXT DEADLINE

Tuesday, May 7, 1996 is the deadline for items to be listed in the next calendar, which covers **May 18-31, 1996** (two weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. E-mail your copy to Michele Firpo at michele_firpo@quickmail.ucsf.edu, mail it to Box 0462, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-3257.
To submit articles for Newsbreak/Medsounds, e-mail them to Lisa Cisneros at lisa_cisneros@quickmail.ucsf.edu, fax to 476-3541 or call 476-3256.

***Open to the public**

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip code) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. To make an appointment call 476-2193 between 9 a.m. and 3 p.m.*

VOLUNTEER PROGRAMS

Programs to acquaint prospective volunteers at the Medical Center are offered regularly by Volunteer Services. For orientations at UCSF/Parnassus, please call 476-1196. For orientations at UCSF/Mount Zion, call 885-7353.

Upcoming Events

UCSF to celebrate National Nurses Week

In conjunction with National Nurses Week, which begins May 6, two receptions will be held to honor UCSF nursing award recipients. The first celebration takes place on Wednesday, May 8, from 4 to 6 p.m. in the Millberry Conference Center. A second reception follows at UCSF/Mount Zion on Thursday, May 9, from 4 to 6 p.m. in Herbst Hall. (See the May 17 edition of Medsounds for the story and photos.)

Hispanic nurses forum

The UCSF School of Nursing and the Department of Nursing at the UCSF Medical Center present the ninth annual Hispanic Nursing Symposium on Friday, May 10, from 9 a.m. to 4:30 p.m. in Room N 225.

With the topic "Latina Health Issues: A Call to Political Action," the forum is designed for practitioners, researchers, students and anyone interested in Hispanic health issues. Keynote speaker is Beatriz Olvera Stotzer, manager of multicultural affairs for the Department of Water & Power in Los Angeles. Stotzer will give a talk entitled, "Our Past Pain is our Present Power if We Allow It."

Admission to the forum and Continuing Education Units is $45 or $35 for faculty and students. Deadline to register by mail is Sunday, May 5. Participants may register at the door. Information: 476-4897.

Healthy aging seminar

(See page 8 for story.)

Asian Pacific celebration

Asian Pacific American week kicks off Tuesday, May 14 with a free showing of "Asian Sons," a powerful new film by Academy Award-winning filmmaker Steven Okazaki. A mix of documentary and drama, the film is a provocative examination of how racism shapes the lives of Asian-American men. Screenings will be at noon and 5:30 p.m. in Toland Hall. The evening showing will include a reading by Junichi Semitsu, a UC Berkeley student.

On Wednesday, May 15, from noon to 1:30 p.m., in HSW 300, William Tamayo, regional attorney of the US Equal Opportunity Commission, gives a keynote address: "Equal Employment, Affirmative Action and Asian-Americans."

On Thursday, May 16, from 11:30 a.m. to 1:30 p.m., an Asian Pacific Cultural Festival features arts, food and entertainment in Saunders Court. A Filipino Cultural Celebration will be held the following day during the same hours at the same place while an Asian Pacific American Celebration will be held at noon at the Mission Center. Also on May 16, a Minority Bone Marrow Drive will be held in Saunders Court between 10 a.m. and 2 p.m.

Events are co-sponsored by the Asian Pacific American Systemwide Alliance, EMPACT!, United Filipino Employees Association, UCSF Affirmative Action/Equal Opportunities Office, UCSF Public Service Programs, UCSF Women's Resource Center, UCSF Arts & Performances and the Pilipinos of UCSF Student Organization. For more information, call 476-2675.

1996 annual safety fair

UCSF presents the 1996 annual safety fair on Wednesday and Thursday, May 15 and 16, in the Moffitt Cafe & Grill. Faculty, students and staff are encouraged to attend to explore exhibit booths about personal safety, infection control, fire safety, hazardous materials and electrical safety. The event will also feature a raffle for prizes and videotape showings of topics including ergonomics, violence in the workplace and lessons from the Northridge earthquake in the south state.

School of Medicine honors alumni May 18

On Saturday, May 18, during the School of Medicine's homecoming morning lecture program. Homer Boushey and Kenneth Fye, both of the class of 1968, will receive the 1996 Alumnus of the Year Award. An honorary Alumnus of the Year award also will be presented to Jack Lange, professor emeritus as well.

A member of the UCSF faculty in the Department of Medicine, Boushey developed the UCSF Clinical Center for Asthma. Fye, who maintains a busy private practice in Marin County, is a clinical professor of medicine at UCSF. (See the next issue of Newsbreak for more on the award winners.)

Please join the award winners at the homecoming lecture program at 9 a.m. in Cole Hall. Admission is free, however, reservations are required and can be made through the Alumni Faculty Association, Box 0970 or call 476-1471.

UCSF to award gold-headed cane

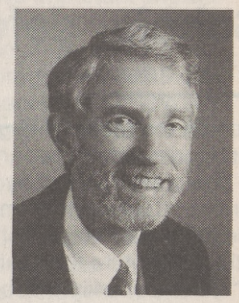
The Gold-Headed Cane will be presented at the School of Medicine commencement convocation on Friday, May 24 at 2 p.m. at the Masonic Auditorium, 1111 California St. The three nominees are Susa Coffey, Anne Kastor and Emily Sedgwick.

A UCSF tradition since 1939, the award is the highest honor given to a graduating UCSF medical student as judged by classmates and faculty who believe the recipient best exemplifies the qualities of a "true physician."

On Wednesday, May 22, the three students will be welcomed as members of the Gold-Headed Cane Society at its banquet at the Hotel Mark Hopkins. At this event, F. William Blaisdell, professor of surgery and chair emeritus at UC Davis, will deliver a lecture about the development of city and county hospitals.

Hall to give Leake Lecture

"Science and Government: Reflections of a California Cracker in King Harolde's Court" will be the topic of this year's Chauncey Leake lecture by Zach Hall, director of the National Institute of Neurological Disorders and Stroke, on Tuesday, May 28 at 3 p.m. in Cole Hall. A reception follows at 5 p.m. at the Faculty Alumni House.



Hall

Formerly Lange professor and chair of the UCSF department of physiology, Hall has made fundamental contributions to the understanding of the neuromuscular junction and is the founding editor of Neuron, a leading journal of cellular and molecular neurobiology. His numerous professional activities include membership on the Scientific Advisory Committee for Neurobiology of the Howard Hughes Medical Institute.

Get facts on commuting

UCSF Transportation Services will give information on different modes of transportation on Wednesday, May 29, from 10 a.m. to 2 p.m. in front of the Millberry Union building. A RIDES commute mobile will be on display. This is a chance to sign up and win $1,000, purchase transit tickets and receive carpool, vanpool, biking and walking information. For more details, call 476-1511.

Nahm research lecture

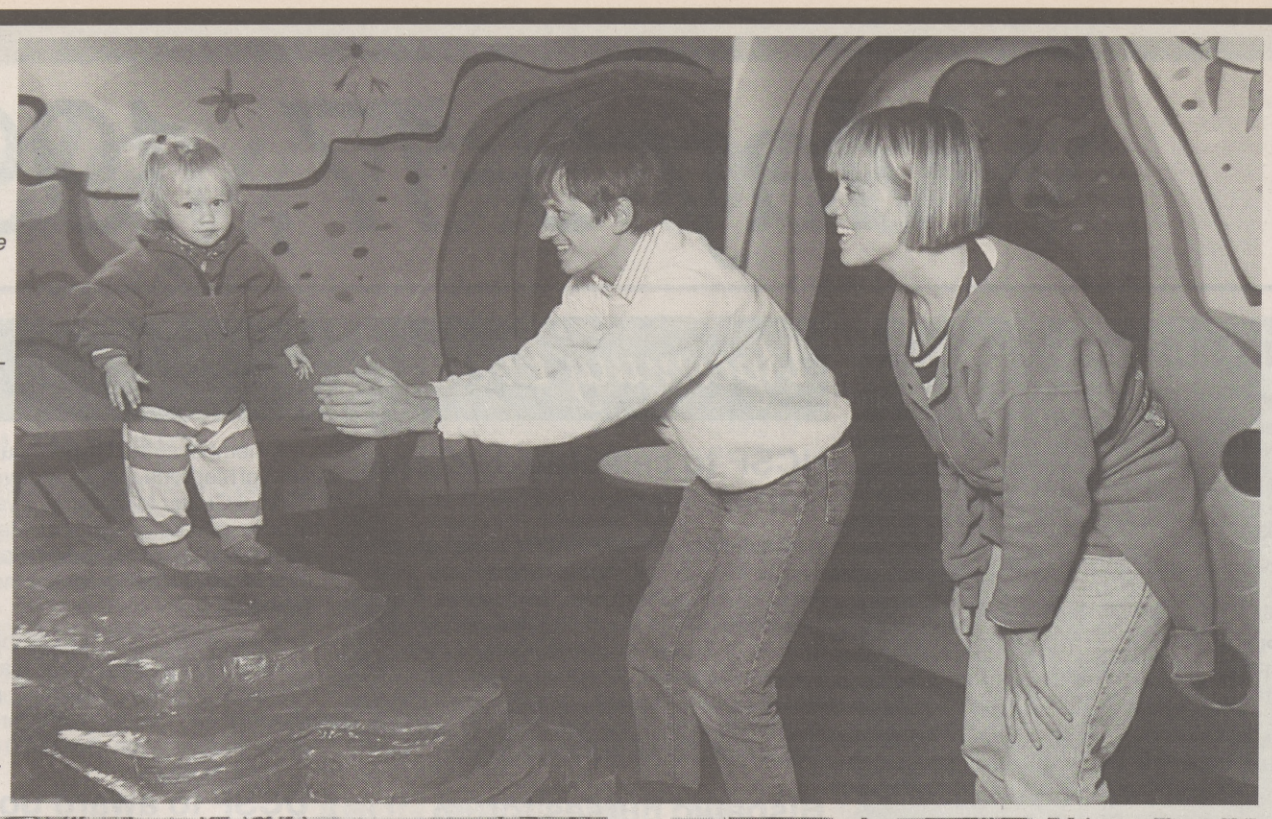
The UCSF School of Nursing will present the 16th annual Helen Nahm Research Lecture on Friday, May 31 at 10 a.m. in room N 225. The featured speaker will be William Holzemer, professor and chair of the School of Nursing's department of community health systems, who will talk on "Variation in Nursing Practice: Asset or Liability?"

Holzemer is nationally known for his research on the quality of nursing education and care, health outcomes, variation in nursing practice, and quality of life for patients, particularly those living with HIV or AIDS. He is the director of the UCSF International Center for HIV/AIDS Research in the UCSF School of Nursing.

Named after the late dean of the School of Nursing, the Helen Nahm Research Lecture Award recognizes a UCSF School of Nursing faculty member or graduate who has made an outstanding contribution to nursing science and research.

A fun family affair

UCSF employees and their families were out in full force April 20 when EMPACT! offered the fourth annual UCSF Family Night at the Bay Area Discovery Museum in Sausalito. The free event was sponsored by Airtouch Paging and ABM Engineering Services. Among the UCSF families having hands-on fun were, right, Frank and Chris Sprenger and their daughter, Teresa; and below left, Janice Chesnut and her son, Morgan; and, right, Mamta Jain and her son, Amshul.



Photos by Karen Preuss

Scholar defends affirmative action

By GAIL GORDON

Women are the largest group protected under discrimination laws and need to be aware of how vulnerable they are made by the current attacks on affirmative action, says Aileen Hernandez, a Tish Sommers scholar with the Institute for Health and Aging.

"We could easily drop back, very quickly, to an era when women were earning low wages and their opportunities were limited," Hernandez said, speaking at a recent brown bag lecture presented by the UCSF Women's Resource Center and the Institute.

Appointed by President Johnson as the only female member of the first Equal Employment Opportunity Commission, Hernandez is the only African American to have served as president of the National Organization for Women.

As recently as 30 years ago, Hernandez explained, working women were concentrated in a handful of occupations, "help wanted" advertising was segregated by gender, and "protective" legislation limiting work hours and the amount of weight that could be lifted, for example, denied women access to many jobs. Nurses, who would not be able to perform their duties under such restrictions, were given an exemption. Women working in industrial occupations in the state of Utah were prohibited from lifting more than 10 pounds. "My purse weighs more than 10 pounds," Hernandez joked.

There is a lot of misinformation surrounding affirmative action, including the California Civil Rights Initiative on the state ballot in November she says. That measure would abolish all state and local affirmative action programs.

"You hear people say, 'We're against affirmative action because we don't want to hire unqualified people.' Every single piece of legislation that deals with affirmative action starts with the premise of qualification," Hernandez said. "No employer is ever encouraged to hire somebody who is unqualified, and no university is required to admit a student who does not have the appropriate grades."

Hernandez said women and some racial and ethnic minorities want to see affirmative action go because it makes them feel like they're not qualified. "Well, I have a simple answer to that," she said. "We have choices to make in our society, and if you feel that a job is being given to you only because you're a woman and you're unqualified, I would certainly support you in not taking it. But I would also suggest that there are an awful lot of us who would not be in the jobs we are in, as qualified as we are, were it not for affirmative action."

Affirmative action does not just apply to women and minorities. One of the greatest beneficiaries of affirmative action in the San Francisco Police Department, Hernandez remarked, are short white men who successfully challenged the height requirement.

Affirmative action requires employers and institutions receiving government funding to demonstrate "good faith" efforts that they are reaching out in an attempt to achieve parity. While it does have goals and timetables, it does not impose quotas, which are illegal. "There are some things in affirmative action that are not effective, that are misused, and need to be adjusted," Hernandez conceded. "But the assault on affirmative action is not adjusting. This would be ending it."

Put youth to work

The Chancellor's Summer Youth Employment Program is scheduled for Monday, June 24 through Friday, August 9. Students from local schools will be available for 20 hours per week and earn $4.25 an hour at no cost to the UCSF department. As in previous years, afternoon jobs are especially needed as many of the students are attending summer school in the morning and are only availabe in the afternoon. For more information on the program or to sign up a student to work in your department, call Bob Rojas of Human Resoures at 476-5358.

Call for HAM radio operators at UCSF

The UCSF Campus Emergency Preparedness Program is looking to recruit UCSF staff who are Ham radio operators to volunteer their assistance in disaster situations. The UC Campus Emergency Planners group is organizing a ham operators group on each campus to volunteer their communication expertise in emergencies. For more information or to volunteer, please contact Linda Purves, assistant coordinator of emergency preparedness at UCPD, at 476-5507.

Bookstore rents caps, gowns

The Millberry Union Bookstore will again be renting graduation regalia for commencement ceremonies, except for the School of Medicine. Graduates of the School of Medicine should contact Student Affairs for their regalia at 476-1216.

The School of Dentistry and the School of Pharmacy will pick up the rental tab for graduation regalia, but graduates of the School of Nursing and the Graduate Division will pay $28.95 for the gown, hood, mortarboard cap and souvenir tassel. See the calendar for specific rental dates. For more information, call 476-8719 or 476-6336.

Harassment office offers online tutorial, training

The UCSF Office of Sexual Harassment Prevention and Resolution now offers an interactive tutorial on its Web page to help campus staff, students and faculty understand what constitutes sexual harassment and how to prevent it.

The Office's Web site is located at www.oshpr.ucsf.edu.

While most people are aware sexual harassment is illegal in the workplace, federal court decisions and other developments continue to define and refine the meaning of sexual harassment. The Web site offers a self-paced quiz, complete with the answers at the end, as another option to learn about sexual harassment and offers links to related sites, says Alma Sisco-Smith, coordinator of the sexual harassment prevention office.

So far, the majority of training and education at UCSF has been conducted for individual departments, either voluntarily, or as part of corrective action resolving complaints. Although the training is fairly evenly distributed across academic, administrative and service units, most audiences have been staff and students and far fewer faculty, says Sisco-Smith. During 1995-96, the Office has focused on training and education for the clinical areas, primarily departments within the UCSF hospitals.

"There are still misperceptions about sexual harassment and with UCSF's many sites, it's difficult to get the word out," Sisco-Smith says. "We are particularly trying to reach faculty whose hectic schedules make them difficult to reach in normal training modes."

In conjunction with its new tutorial, the Office is offering sexual harassment prevention training for new employees. Participants will learn to recognize sexual harassment, how it impacts people, and how to access campus resources. Training sessions will be conducted on Thursday, May 16, Tuesday, May 21 and Thursday, May 30, from noon to 1 p.m. in room S 180. Employees can bring their lunch.

The Office also will be conducting management briefing sessions on Wednesday and Thursday, May 8 and May 9, from 10 to 11:30 a.m. in S 180, for those UCSF managers/supervisors who have not had training and have questions about their responsibilities regarding sexual harassment prevention in the workplace. Participants will learn the steps to take in dealing with complaints or improving the work environment. Call 476-5186 to register for either training session.

Medical Call Board

Pregnant women

UCSF researchers are seeking pregnant women aged 18 or older to participate in discussion groups for a UCSF study designed to shed light on women's decisions about prenatal screening and diagnostic testing for chromosomal abnormalities in their fetuses.

Researchers are looking particularly for women 35 years old and older to talk about their opinions on prenatal testing. Women of color are encouraged to participate. UCSF researchers hope to discover what issues women care about when deciding on testing, what women hope to find out from these tests, and what women do with the test results.

Participants will take part in discussion groups that last two hours. Transportation and child care will be provided and refreshments will be served. All information shared is confidential. Participants will be compensated $30 and given store gift certificates.

For more information or to participate, call Beth Brown, research associate, UCSF department of Obstetrics, Gynecology and Reproductive Sciences, 885-7515.

Crime Alert

Telephone fraud

UCSF police caution the campus community about accepting automated collect calls from the Cook County Department of Corrections in Chicago, after various campus departments reported receiving several of them since April 17. Those who do receive a collect call from this Illinois institution should hang up and not take the call.

In the telephone scams, an automated operator reportedly instructs the person answering the call on how to receive the collect call. When accepted, the caller would identify himself as a physician from UCSF who needed assistance. Citing an emergency, the caller asks to be transferred to a long distance telephone carrier service. The caller would instruct the UC person on how to access this service. If the request is honored, the UC department receiving the call is financially responsible for the long distance charges, police say. Police advise: Do not accept collect calls. Do not transfer calls to a long distance telephone carrier for any outside requests. Those who have any more information regarding similar incidents should contact the UCSF Police Department at 476-1414 for non-emergencies.

Medsounds Continued

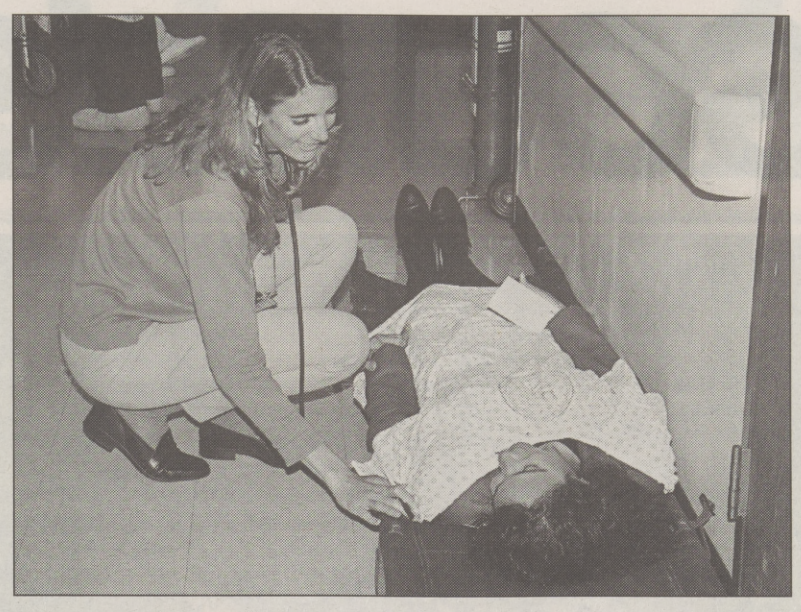
Women with depression get 12-session group

The UCSF department of Psychiatry and the UCSF Psychiatry Care Clinic are offering a 12-week psychoeducational group for women with depression.

Part of an effort to expand clinical services to women, the group will teach women to identify the causes of and treatment options for depression; to understand the relationship between thoughts and mood; to use techniques for stress management; and to improve communication in relationships.

About one in five adults may experience depression, which affects women twice as often as men. Excellent treatment options exist for most people with depression who can get therapy, anti-depressant medication or both.

The group will meet on Thursdays from 7 to 8:30 p.m. beginning May 23 until August 8 in the psychiatry department's new clinic at UCSF/Mount Zion. Cost is $20 per session. Ellen Resnick, licensed clinical social worker, and Susan Smiga, psychiatrist, will co-lead the group. Smiga is developing educational and clinical services for women at UCSF and Mount Zion and Resnick is developing a group program for the Psychiatry Care Clinic that will emphasize short-term, topic-focused group treatment. For more information and suggestions for future group topics, call Resnick at 476-7815.



Lisa Cisneros

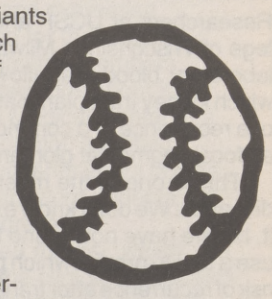
Practicing "Operation Triage"

During the recent Medical Center disaster drill, nurse Lisa Heyn, pictured right, checks on Jodie Fischer, social worker, in the Emergency Department. Fischer was among many staff who pretended to be injured while their colleagues responded in a practice "Operation Triage." The mock scenario for the drill was a collision between a tanker truck and a tour bus. Routine disaster drills are conducted twice a year, in April, earthquake preparedness month, and October, at both Mount Zion and Moffitt/Long hospital sites. "Both drills were successful, and as hoped, we identified things we can improve on," says Cindy Lima, safety officer and Medical Center assistant director.

UCSF sponsors Giants baseball with radio spots

UCSF hits the radio airwaves this season as an official sponsor of San Francisco Giants baseball. The Medical Center is launching a radio advertising campaign on KNBR 680 AM to reach some 1.2 million listeners in Northern California.

The new marketing approach, UCSF's "Hit a Home Run for Health," offers listeners useful health tips from UCSF, including reports on the latest research and technological advances on various topics such as allergies, stroke and laser eye surgery to improve vision. The Medical Center is also the exclusive sponsor of the Giants injury report which airs at the start of the week to let listeners know the condition of players.



"The radio spots on KNBR AM increase exposure for all of the services offered at UCSF," says Barbara Gideon, director of marketing.

With one out of five adults in Northern California tuning in to Giants games, UCSF's advertising campaign will reach decision-makers in the corporate arena as well as consumers.

Aging *(from page 8)*

On the other hand, recent studies of anti-aging drugs, including human growth hormone, have shown that medical science offers no quick fix to reverse the aging process. "Antioxidants may slow down some of the basic cellular aging processes, but there is no clear evidence of any single agent being the fountain of youth," Feigenbaum says.

The goal of medical science is not to extend life span but to enhance the quality of life, says Mary Henderson, a nurse education coordinator at the Institute on Aging. "People don't have to sit and grow old. They need to be responsible for themselves," she says.

With that in mind, the UCSF/Mount Zion Center on Aging will offer a free half-day workshop on Saturday, May 11. Experts at the workshop, entitled "Healthy Aging: Take Charge," will discuss what is considered normal aging and the roles that diet and exercise play in the aging process. Participants also will learn how to make the most of a visit to the doctor and how to manage medications.

The workshop on aging is part of the UCSF/Mount Zion Center on Aging's community health education series, which began last year. The next workshop, slated for Saturday, June 8, will address breast health for older women. Clinical experts in breast diseases will discuss breast screening, breast self exams and mammography and will present the latest information on breast cancer diagnosis, treatment and research. Registration for both forums, to be held from 9 a.m. to noon at UCSF Laurel Heights Conference Center, is required by calling 750-5342.

The age issue

A longtime clinical professor at UCSF, Feigenbaum, 71, talks about ageism, an issue well publicized in the context of the national presidential campaign. Although he thinks age shouldn't be a factor in choosing a candidate, he says the graying of America will have enormous implications on how the federal government handles medical care.

As the proportion of elderly people in the US population continues to grow, medical care for older adults is expected to increase 22 percent by the year 2000 and 115 percent by 2030, according to the American Geriatrics Society. In the year 2030, people aged 65 and older will increase to 20 percent of the population, compared to a mere 4 percent in 1900 and 13 percent today.

Feigenbaum helped establish the Institute on Aging's Center on Aging to provide comprehensive, multidisciplinary patient care services and to expand geriatric and gerontological teaching. The Center on Aging offers a full range of health and social services for older adults and their families and is developing a managed care program to serve all elderly patients who are eligible for nursing care, he adds.

Feigenbaum is particularly concerned that the practice of managed care unfairly limits the services provided to elderly patients under Medicare. "I understand the need to look at health care costs, but I am concerned about the way it is being done," he says.

In collaboration with the Academic Geriatric Resource Center and the schools of Dentistry, Medicine, Nursing and Pharmacy, the Center is developing new opportunities for students and residents to have clinical training experiences that focus attention on the primary health care needs of the older patient. UCSF also is recruiting a chief of the Division of Geriatric Medicine this year.

Prenatal *(from page 8)*

More research is needed to fully understand the reasons for the variations in both undergoing prenatal tests and Down syndrome births among older women of different racial and ethnic backgrounds, she adds.

The study results have important implications as new tests continue to become available as a result of the Human Genome Project.

"As new screening programs covering all age groups are implemented, racial and ethnic differences in the overall prevalence of Down syndrome and other chromosomal anomalies may become more evident," Kuppermann says.

In the meantime, Kuppermann says that "tools will need to be developed to educate women and elicit their preferences to ensure that the choices they make are informed and reflective of their values."

Co-authors of the UCSF study are Elena Gates, UCSF assistant clinical professor of obstetrics, gynecology and reproductive sciences, and Eugene Washington, professor and chair of the UCSF department of Obstetrics, Gynecology and Reproductive Sciences.

Hysterectomies *(from page 8)*

with their daily activities. Urinary incontinence is a hidden epidemic, and many women do not discuss their incontinence, not even with their doctors."

More than half a million hysterectomies are performed in the United States each year. Nearly 90 percent of hysterectomies are performed for benign conditions, such as bleeding or pelvic pain, with the goal to improve the woman's quality of life, Brown says.

"Women who are deciding whether or not to have a hysterectomy to improve their quality of life may now weigh the increased risk of incontinence later in life against the more immediate benefits of the surgery," she says. "Women should discuss alternatives with their doctors to find the treatment that's right for them."

Incontinence, the involuntary loss of urine, can range from occasional urine leakage to a chronic problem that requires use of pads or disposable diapers. The disorder occurs twice as often in women than in men, and the annual health care costs are steep, estimated at more than $16 billion, according to Brown.

Despite the fact urinary incontinence is common in older women, risk factors have not been well defined. The UCSF researchers evaluated over 20 health conditions and behaviors that may contribute to or cause the development of incontinence. In addition to previous hysterectomy, the researchers found that age, obesity, poor overall health, and certain medical conditions (stroke, chronic obstructive pulmonary disease and diabetes) were associated with a higher prevalence of daily incontinence. Avoiding hysterectomy, losing weight, or better control of diabetes may decrease the risk of developing incontinence, according to the study.

Brown says that hysterectomy may cause nerve damage or damage to the urethral and bladder support structures, leading to incontinence later in life.

Excess body weight, she says, may increase abdominal pressure during physical activity, which in turn increases bladder pressure and urethral mobility, leading to urinary incontinence. "If urinary incontinence is caused by increased abdominal pressure, then losing weight may decrease the severity of the incontinence," Brown says.

Brown hopes the identification of risk factors will aid physicians in identifying patients who are likely to have incontinence, which is generally under-recognized and therefore under-treated.

Co-authors from the UCSF department of Epidemiology and Biostatistics are Dana Seeley, Josephine Fong, Dennis Black, and Deborah Grady (also with the UCSF department of Medicine and the San Francisco VAMC). Kristine Ensrud, department of General Internal Medicine, VAMC, Minneapolis, also co-authored the study.

Estrogen *(from page 1)*

neered mice used in the UCSF study incorporated key HPV genes associated with cancer, based on the genetic code of the HPV16 strain.

Epidemiological studies previously suggested that HPV-infected women exposed to increased estrogen due to pregnancy or in oral contraceptives may be at increased risk for contracting cervical cancer, Arbeit says. Other potential risk factors include AIDS and cigarette smoking.

To conduct the newly reported mouse studies, Arbeit worked with Douglas Hanahan, professor of biochemistry and associate director of the Hormone Research Institute at UCSF, and Peter M. Howley, chief of pathology at Harvard Medical School, both of whom are co-authors of the report.

The UCSF researchers have a major interest in developing models for cancer study in genetically engineered animals. Several mouse strains are already being used to study how tumors develop and to investigate the efficacy of novel anti-cancer therapies.

Genetically engineered mice that received extra estrogen during the newly reported study developed invasive cancer in a matter of months. However, genetically engineered mice that did not receive estrogen supplements did not develop cancer. In other experiments, normal mice without the virus genes did not grow deadly tumors, even when supplemented with estrogen.

Researchers concluded that viral genes and estrogen work together to cause the development of cervical cancer. Activated HPV genes or estrogen supplements acting alone did not cause comparable, malignant changes in the cells lining the cervix.

Arbeit also found that estrogen contributed to the development of cervical cancer even though it was not responsible for the activation of the HPV genes. He expects that further studies with the mice will provide insight into the biological mechanisms whereby estrogen or other factors contribute to cervical cancer.

Studies of genetically engineered mice have one powerful advantage over epidemiological investigations, Arbeit says. The mice, unlike humans, can be used in controlled studies to more quickly provide insight into how the development of cervical cancer may be related to dietary or environmental exposure to risk factors, and to investigate the role of genetics in the disease, Arbeit says.

"We can't be certain that the findings are directly applicable to women infected with these HPV strains, but they do suggest that we should find out what is happening with estrogen and HPV on a biological level," Arbeit says. "The mice will be an increasingly important model for studying cervical cancer as it develops and for investigating different potential risk factors and treatments."

Volume 11, Number 9 May 4-17, 1996

UCSF Medsounds

Page 1 . . . UCSF to celebrate Founders Day with events

Page 1 . . . Economic summit encourages support for UCSF

Page 3 . . . Two researchers apply science in space

Blood test detects high risk of kidney transplant disease

By BILL GORDON

Researchers at UCSF and the Medical College of Wisconsin in Milwaukee report that a laboratory blood test allows them to predict which kidney transplant patients face high risk of a recurrence of a common condition known as focal segmental glomerulosclerosis.

"This is one of the most baffling of kidney diseases. We don't know exactly what causes it, but we have now found that we are able to use a test to predict which patients are at high risk of recurrence after transplant," says Flavio Vincenti, UCSF clinical professor of medicine with the Kidney Transplant Service.

The disease, which damages the kidney's ability to filter blood, accounts for about 5 percent of all kidney failures. Among those who receive kidney transplants as a result of the damage, the disease recurs in about half of the cases involving children and almost a third of adult patients.

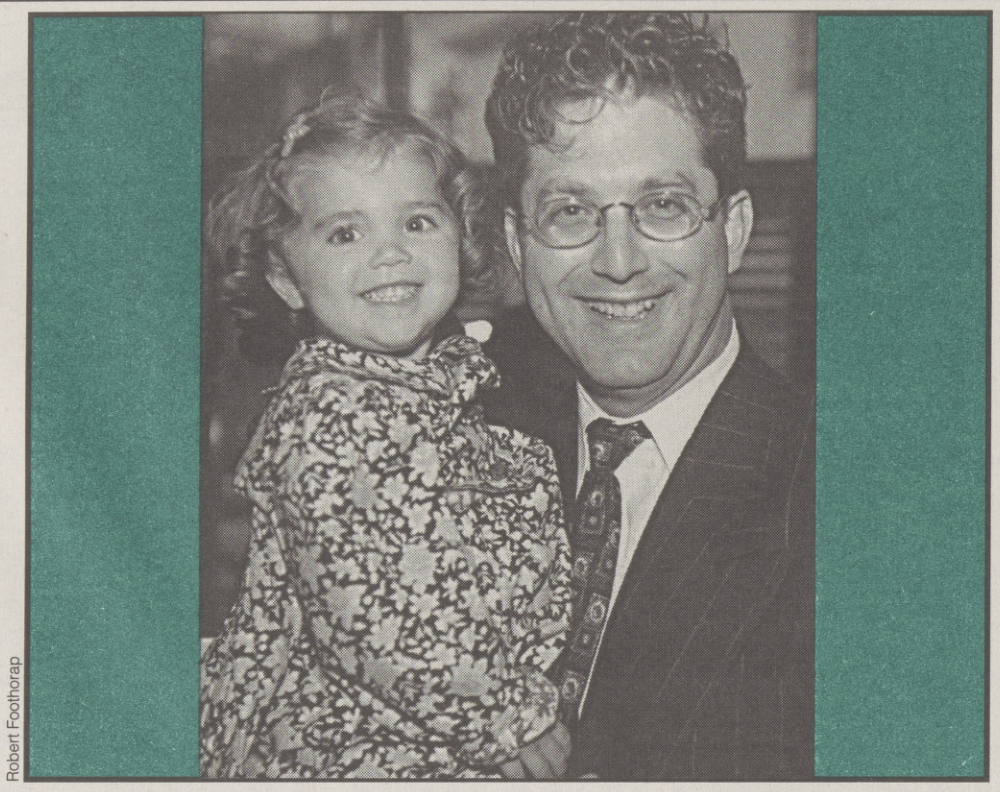
The study, which evolved from a collaboration between Vincenti and Virginia S. Savin at the Medical College of Wisconsin, was published in the April 4 issue of the New England Journal of Medicine. The researchers studied 100 patients with focal segmental glomerulosclerosis, 31 patients with other renal diseases, and nine normal subjects.

Based on laboratory tests of blood samples on clusters of capillaries found in kidneys, they found a strong association between the ability of proteins to permeate the kidney and the recurrence of focal segmental glomerulosclerosis in transplant recipients, Vincenti says. The study found that a circulating factor, apparently a protein, present in serum causes the disease. Serum is the liquid part of the blood.

With the ability to identify patients at the greatest risk of a recurrence, UCSF researchers hope to be able to intervene with treatment before the disease recurs.

By removing the plasma of high-risk patients through a process known as plasmapheresis, in which red blood cells are separated from the plasma and returned to the circulatory system, kidney specialists have found they can prevent kidney failure in 60 percent of patients suffering from recurrent focal segmental glomerulosclerosis.

In addition, this novel blood test can be used in the future to identify the nature and source of the circulating factor of focal segmental glomerulosclerosis and to develop treatments that may be effective in preventing an important cause of kidney disease in children and adults. UCSF, which has the largest sample of patients treated with this process, is one of the largest organ transplant centers in the country and is a leader in innovative surgical techniques and research involving anti-rejection drugs.



Robert Foothorap

Father, daughter bond benefits UCSF

Eighteen months ago the UCSF Pediatric Liver Transplant Program team performed a successful transplant on Sophie Hodges, who received a part of a liver from her father Paul Hodges, right. A restaurant veteran, Hodges, family and friends celebrated the recent opening of his new San Francisco eatery, Sophie's Cookhouse, with proceeds benefiting the pediatric liver transplant program at the UCSF Medical Center.

Prenatal testing varies by race, ethnicity

By REBECCA HIGBEE

Not only are Latina, African-American, and Asian women aged 35 and older at significantly higher risk of giving birth to an infant affected by Down syndrome than are white women, they are less likely to undergo prenatal diagnosis to detect such major chromosome abnormalities, according to a UCSF study published in the current issue of the journal Obstetrics and Gynecology.

"These patterns of prenatal diagnostic test use seem to be reflected in the differences in the prevalence of births affected by Down syndrome," says lead author Miriam Kuppermann, UCSF assistant professor of obstetrics, gynecology and reproductive sciences and researcher at the UCSF Medical Effectiveness Research Center for Diverse Populations.

To assess prenatal diagnostic test use, the researchers reviewed the medical charts of more than 230 women 35 years of age and older who had come to UCSF for care by their 20th week of pregnancy. The study looked at 10 demographic characteristics and reproductive history for each patient, including marital status, highest educational level, family history of genetic disease, and prenatal diagnosis decision.

"Cultural differences in attitudes toward pregnancy, abortion, or disability may account for some of the differences we found," Kuppermann says.

Economic barriers may also account for differences in the use of prenatal testing, according to the study. Although California's Medicaid program covers prenatal diagnosis for women age 35 or older (who are at higher risk of carrying an affected fetus), those who are not employed or who have blue-collar jobs may be faced with other socioeconomic barriers to access, such as unavailability of transportation, time off from work, or affordable child care for their children, according to the study.

The researchers also found that women who listed their own or their partner's occupation as "professional" or "student" were significantly more likely to undergo prenatal diagnosis than those who indicated they or their partners were homemakers, unemployed, or employed in blue-collar jobs, regardless of racial or ethnic group.

"These women may have less knowledge of their options and the possible outcomes associated with prenatal diagnosis," Kuppermann says.

(See **PRENATAL** *on page 7)*

Karen Preuss

Mamie Gladys Stewart celebrated her 100th birthday recently with family and friends at a party at the Alzheimer's Day Care Center, which is run by the Mount Zion Institute on Aging on Geary Boulevard.

Workshop to offer advice on aging

By LISA CISNEROS

Internist Lawrence Feigenbaum, founding director of the Mount Zion Institute on Aging, has simple advice to those looking to add life to their years: "Keep on moving."

Feigenbaum was echoing the words of a 104-year-old woman whose birthday wish to ride the cable cars in San Francisco came true recently. "People can make a difference in their lives," Feigenbaum says. "There really is a big difference in the quality of life in elderly who make a point to keep moving compared to those who are inactive."

Indeed, several studies have shown that even the frailest of seniors can make great strides to boost their energy and build muscle mass by exercising regularly.

(See **AGING** *on page 7)*

Hysterectomies greatly increase incontinence risk

By REBECCA HIGBEE

Women who have had a hysterectomy are at a significantly higher risk — by as much as 40 percent — of suffering from daily incontinence later in life than those who have not undergone surgery to remove their uterus, according to a UCSF study published in the May issue of Obstetrics and Gynecology.

Because hysterectomy appears to independently increase the prevalence of urinary incontinence 20 or 30 years later, "We as surgeons have the opportunity to understand that the surgery we do today may have hidden long-term consequences," says study author Jeanette S. Brown, a UCSF gynecologist and director of the UCSF Women's Continence Center. "We should take another look at alternatives to hysterectomy for benign conditions."

The landmark study is the largest of its kind to evaluate the prevalence of incontinence and its risk factors in older women. The researchers studied nearly 8,000 women aged 69 or older who live in Maryland, Minnesota, Pennsylvania and Oregon.

More than 40 percent of the women studied reported having urinary incontinence,14 percent of whom reported losing urine daily.

"Not only did we find that incontinence is common, but it also has a profound effect on the lives of women," says Brown. "For women who had urinary loss every day, nearly a quarter of the women reported it interfered

(See **HYSTERECTOMIES** *on page 7)*

Learn about lung health May 18

Good lung health is the focus of the first UCSF-Bay Area Lung Health Day set for Saturday, May 18 at UCSF/Mount Zion Medical Center.

The event will be held from 10 a.m. to 4 p.m. in the Healing Garden of the UCSF Cancer Center located at the UCSF/Mount Zion campus at 2356 Sutter St. Co-sponsored by UCSF/Mount Zion and the American Lung Association of San Francisco and San Mateo Counties in observance of "Clean Air Month" in May, the day-long health fair will feature talks by top UCSF doctors and researchers on topics ranging from asbestos concerns in the home to living with chronic lung disease, as well as adult and pediatric asthma, surgery for emphysema, allergies, sleeping problems and other lung health issues.

The health fair also will introduce the public to UCSF/Mount Zion's new lung surgery program, according to Robert B. Cameron, UCSF assistant professor of surgery. "People with any kind of lung disease can come here," Cameron says.

In addition, information booths sponsored by local organizations and businesses will offer tests of breathing ability, demonstrations of the differences among inhalers, information on treating lung cancer, and free oxygen refills. Entertainment and light refreshments also are planned.

For information on the event or transportation, call UCSF/Mount Zion at 885-3882 or the American Lung Association office at 994-LUNG. Other sponsors include the American Cancer Society, Mount Zion Health Systems, the San Francisco Health Department, Apria, Bayer, Boehringer Ingelheim Pharmaceuticals Inc., Ethicon Endosurgery Inc., Forest Pharmaceuticals Inc., Lincare, 3M, Monaghan Medical Corporation and Walgreens Pharmacies.